Missouri's Public Health System *at a Glance*

MISSOURI DEPARTMENT OF
HEALTH &
SENIOR SERVICES

The Missouri public health system is in action every day, in every county of the state. It assures our children are immunized, plans are in place for emergency and disaster management, infectious diseases are detected and curtailed, the effects of diseases like diabetes and asthma are reduced, drinking water quality is monitored, restaurant food is safe and attention is given to preventing injuries.

CONTENTS

MORNING SHOWER 1
FAMILY BREAKFAST 2
KIDS GO TO SCHOOL 3
DAY CARE DROP OFF 4
ARRIVING AT WORK 5
TIME FOR A BREAK 6
FLOOD WARNING 7
LUNCH WITH FRIENDS 8
PARENT BECOMES ILL 9
FOLLOW-UP VISIT 10
YOU FIND A TICK 11
FAMILY FUN 12
SON'S SOCCER GAME 13
EVENING NEWS 14
BEDTIME 15

MORNING SHOWER

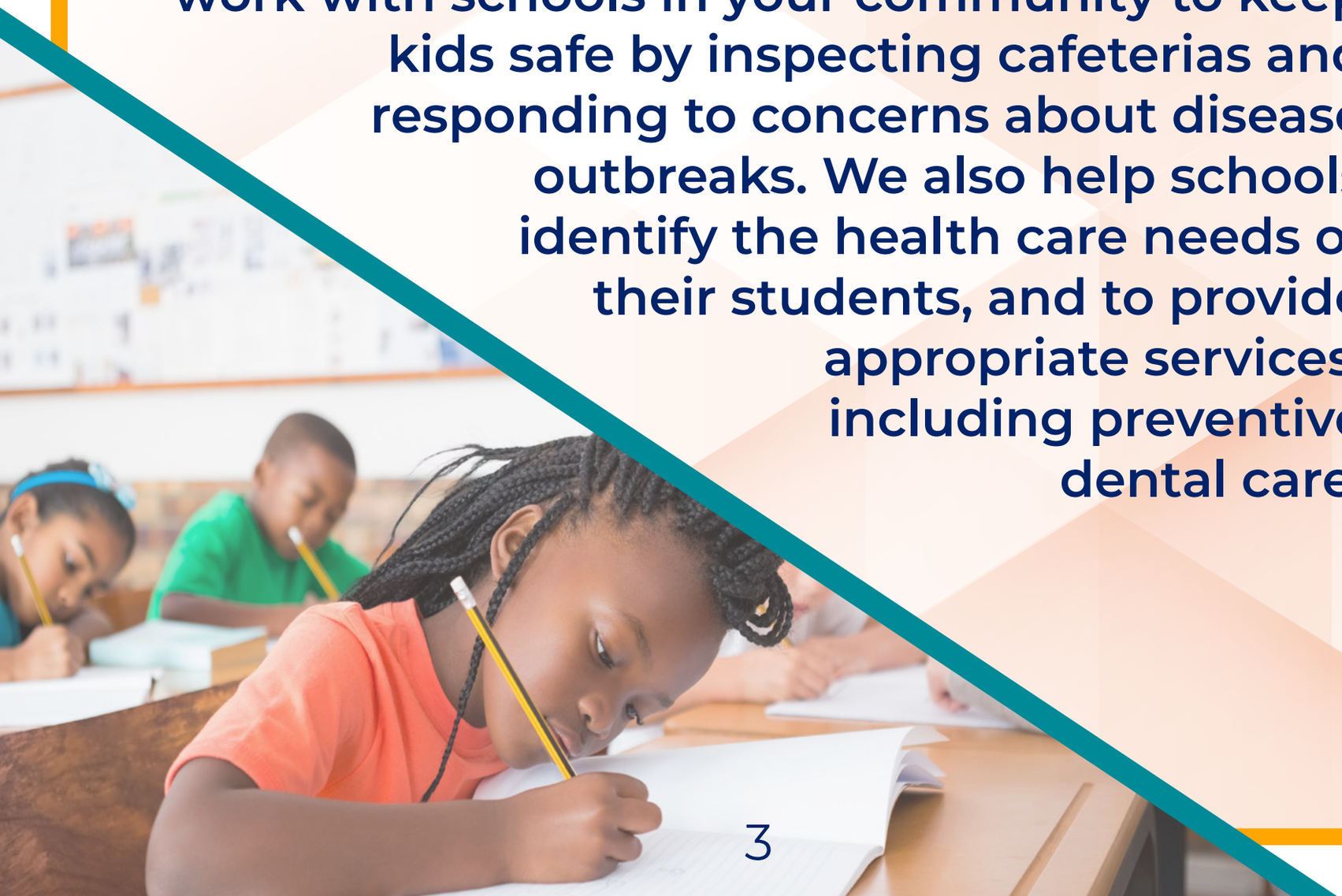
If your home is not connected to a public sewer, we help you keep your septic system functioning properly. This helps to ensure that harmful bacterial contamination will not threaten your household water, the community's water resources and the yard your children play in.

FAMILY BREAKFAST

Your eggs came from a local grocery store, which we regularly inspect for safe food handling practices. You mix your frozen juice with tap water. If you have a private well, we help you maintain it properly and obtain water quality testing.

KIDS GO TO SCHOOL

Schools must comply with the state health department regulations for food safety. We work with schools in your community to keep kids safe by inspecting cafeterias and responding to concerns about disease outbreaks. We also help schools identify the health care needs of their students, and to provide appropriate services, including preventive dental care.

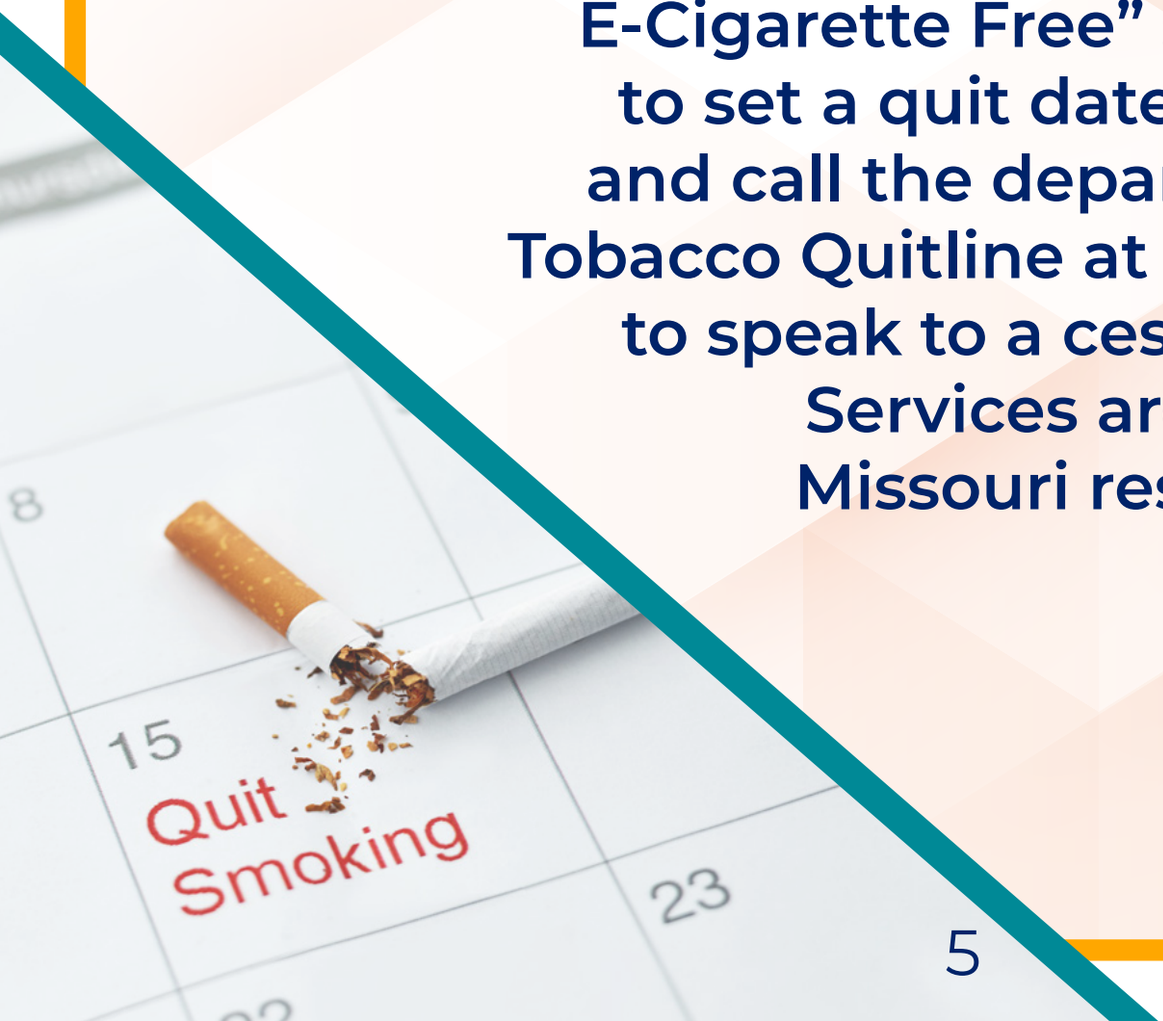


DAY CARE DROP OFF

You arrive at the child care facility with the assurance that the learning environment is safe, sanitary and free of lead hazards. County and state risk assessors, licensed by the state health department, have inspected the facility and tested for the presence of lead paint and other hazards. We also help many child care facilities improve the nutrition of the meals they serve to help your baby grow up happy and healthy.

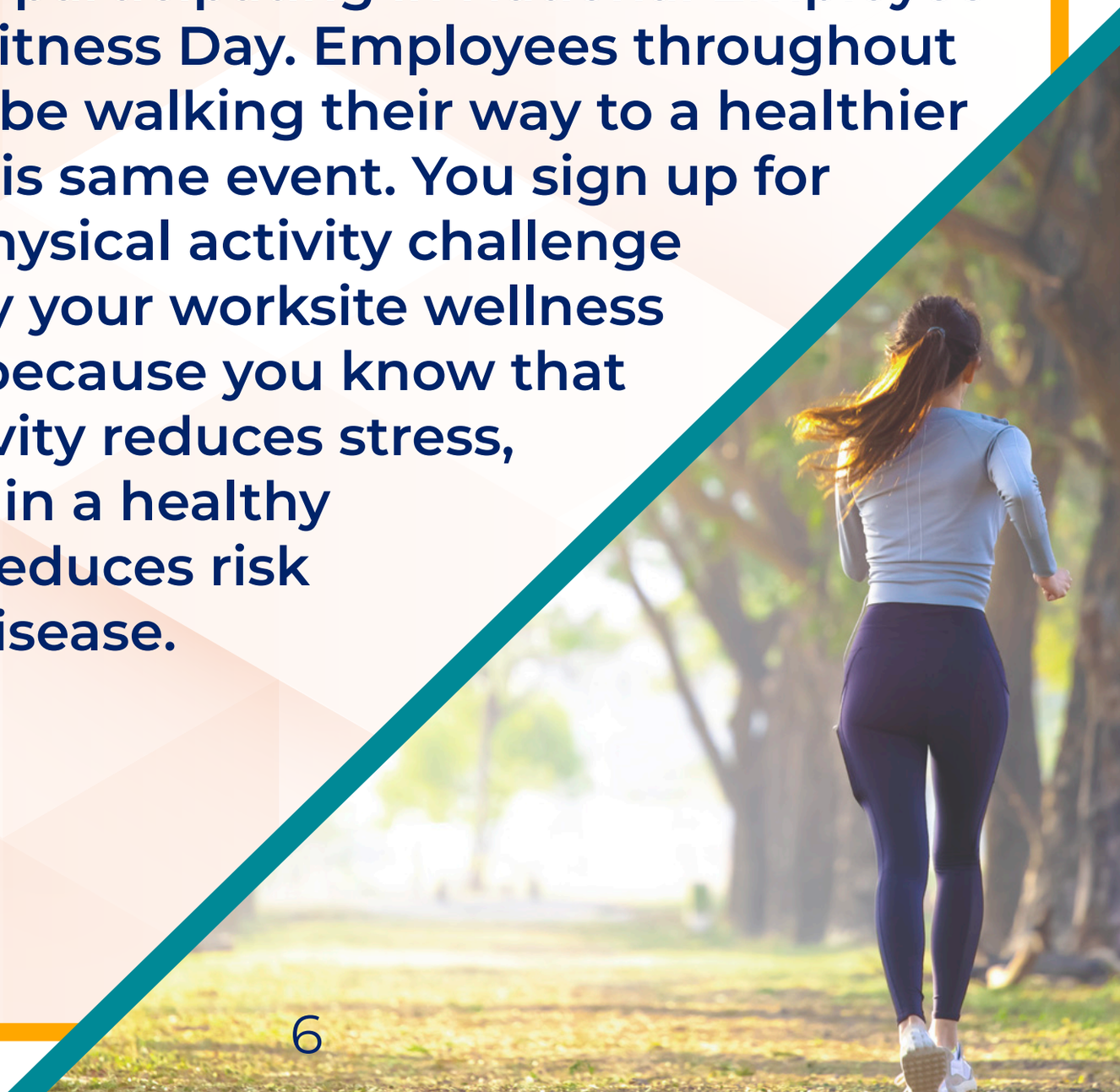
ARRIVING AT WORK

Your company has policies to eliminate tobacco on its property with help from a toolkit provided by the state health department. The new “Our Campus is Tobacco and E-Cigarette Free” signs remind you to set a quit date to stop smoking and call the department’s Missouri Tobacco Quitline at 1-800-QUIT-NOW to speak to a cessation counselor. Services are available to any Missouri resident who vapes or uses tobacco.



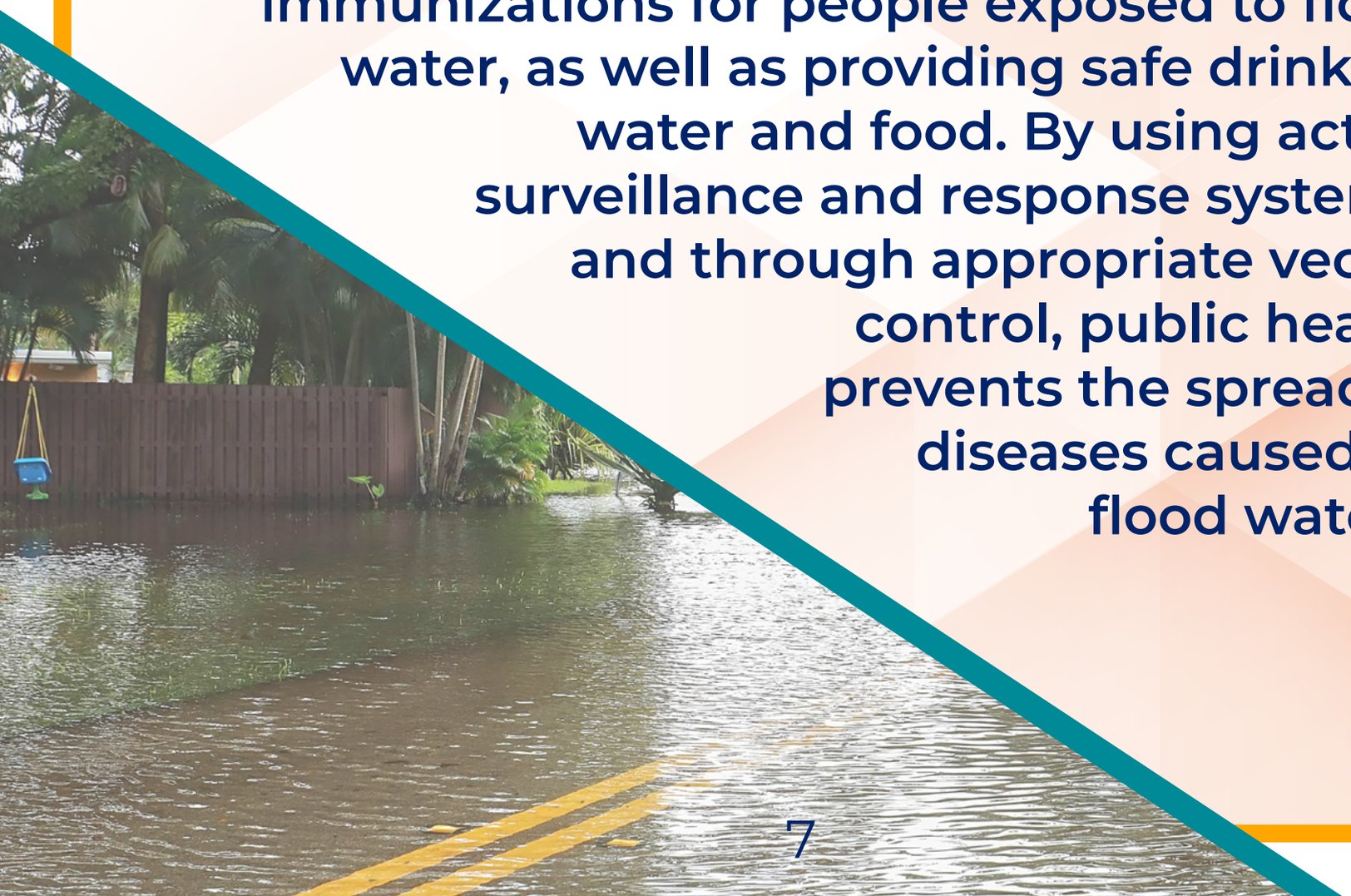
TIME FOR A BREAK

Your office is participating in National Employee Health and Fitness Day. Employees throughout Missouri will be walking their way to a healthier life during this same event. You sign up for an 8-week physical activity challenge sponsored by your worksite wellness committee, because you know that physical activity reduces stress, helps maintain a healthy weight and reduces risk for chronic disease.



FLOOD WARNING

After days of stormy weather, flood waters are rising in parts of your community. Public health officials respond by providing immunizations for people exposed to flood water, as well as providing safe drinking water and food. By using active surveillance and response systems, and through appropriate vector control, public health prevents the spread of diseases caused by flood waters.



LUNCH WITH FRIENDS

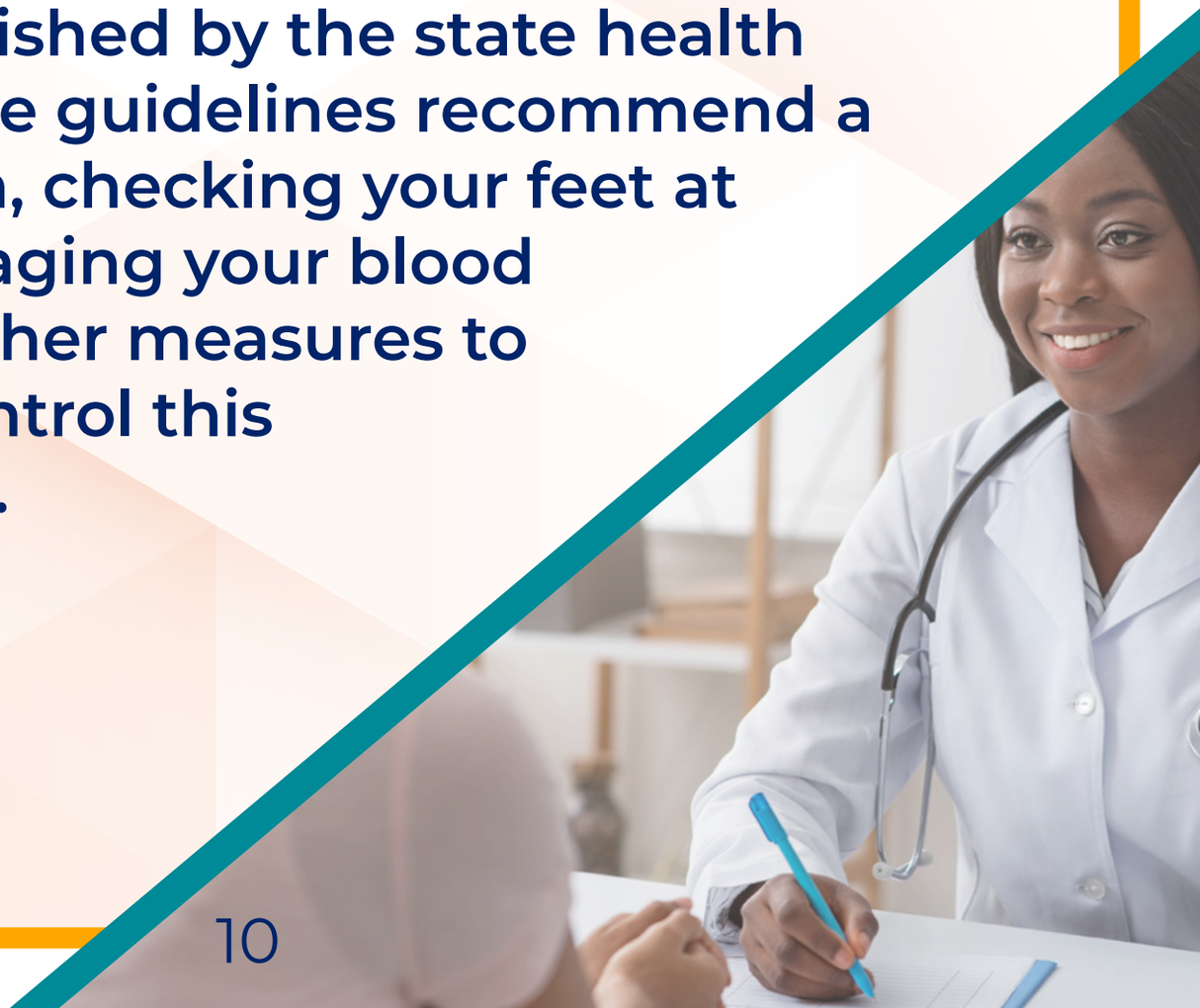
We inspect, and in some areas, permit, the restaurants you dine in, working closely with management to help them meet rigorous sanitation and food handling standards. In certain locations, inspection results are posted on the internet for you to review.

PARENT BECOMES ILL

Our team and the public health communicable disease staff inspect the senior living facility and conduct patient interviews to find the cause of the illness. The outbreak is identified as a common virus that spreads easily in crowds. We work closely with facility employees to ensure the site is properly cleaned, teach handwashing practices to prevent further contamination and provide health education to families.

FOLLOW-UP VISIT

Since you were diagnosed with diabetes last year, you have been seeing your doctor every three months for a follow-up. You have taken control of your disease by following the new guidelines published by the state health department. The guidelines recommend a yearly eye exam, checking your feet at each visit, managing your blood pressure and other measures to prevent and control this chronic disease.



YOU FIND A TICK

You find the tick on your ankle after taking a walk. It has left a rash. Your neighbor reminds you that some tick bites can lead to serious illnesses, so you access the state health department's online reporting form where data is shared with public health agencies. Our tick bite prevention materials promote the importance of using insect repellants that contain DEET or Picaridin, which help prevent bites.

FAMILY FUN

The kids get done with homework just in time for the short drive to the state fair! Before visiting the petting zoo, you review one of our handouts on how to prevent exposure to harmful bacteria, and you make sure your family washes their hands after visiting the animals. Later, your family stops to eat at two of the food booths. Each one has been inspected by our staff to ensure the food is safe for you to eat.

SON'S SOCCER GAME

You gather the family to head to your son's soccer game. The School Health Program in the state health department offers grants to assist in providing nurses to schools in your community. These nurses educate parents and children about asthma. With proper education, avoidance of triggers and knowing how to take their medication, these children miss less school, pay more attention in class and participate in sports. Your son scores the winning goal despite his diagnosis!

EVENING NEWS

Before bed, you turn on your local news station and hear about updates to annual health issues, such as the Flu or COVID-19. Hospitals, health care providers and state and local government agencies are consistently monitoring how they can protect the community around them. You make a mental note to get Flu shots for your entire family, and look at the department's website to see what COVID-19 boosters are recommended for your age group.

BEDTIME

While you sleep, on-duty staff are ready to initiate the state and local response, 24/7, to outbreaks of disease, environmental public health emergencies and natural and man-made disasters. Throughout the day and through the night, public health is there to promote, prevent and protect the health of everyone in Missouri.

Missouri Department of Health and Senior Services
912 Wildwood
P.O. Box 570
Jefferson City, MO 65102-0570
573-751-6170

Health.Mo.Gov

Services provided on a nondiscriminatory basis.

Public Health

Prevent. Promote. Protect.

MISSOURI DEPARTMENT OF

HEALTH &

SENIOR SERVICES